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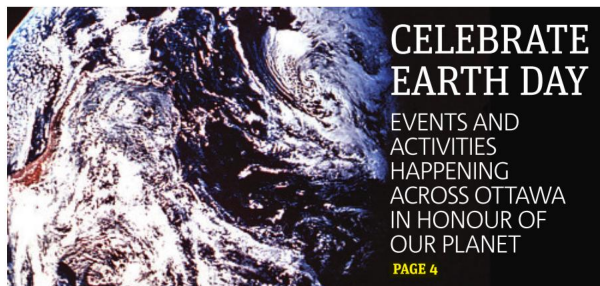
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CELEBRATE EARTH DAY

EVENTS AND
ACTIVITIES
HAPPENING
ACROSS OTTAWA
IN HONOUR OF
OUR PLANET

PAGE 4

Sowing seeds on and off the farm

An online dating site called FarmersOnly wants to hook up single farmers with those who are comfortable riding horses and living off the land

PAGE 13

Police make arrest following woman's death

Gatineau police have arrested a 49-year-old man after an Aylmer woman was found dead

PAGE 3



Jayce Barbe-Pond is recovering in hospital after a television fell on top of him on Sunday at his Rosenthal Avenue home. CONTRIBUTED

Ottawa toddler injured by falling TV set doing better

'Just a matter of healing' Jayce Barbe-Pond suffered a fractured skull, but his brain was not injured from the impact



JOE
LOFARO

joe.lofaro@metronews.ca

The condition of a two-year-old boy has improved to serious after he was badly injured when a TV set fell on top of him on Easter Sunday, said the toddler's grandmother.

Frances Barbe said she spoke with her daughter's family and reports they think Jayce Barbe-Pond was trying to play one of his favourite movies on a TV set with a built-in

DVD player on Sunday morning.

"He could tell you the words of Toy Story. This is the movie we're constantly watching," said Barbe. "It's Toy Story and Finding Nemo."

Paramedics rushed to the home on Rosenthal Avenue shortly after 8:36 a.m. They said the boy was in and out of consciousness when they arrived at the house and said the boy was sent to hospital with life-threatening injuries.

Jayce suffered a fractured skull, but his brain was not injured from the impact, his grandmother said.

"That was the perfect thing they wanted to hear, is that his brain was not touched. It's just a matter of healing from the fractures," she said.

The heartbreaking incident meant Jayce never got to unwrap an Easter gift his mom

had bought him for that morning. Barbe said a train set was hiding behind a door which he was supposed to look for.

"I can't wait till he can just open his eyes and see this train," said Barbe. "It's going to be great."

She said she is grateful for the first responders who came to the home and for the staff at the Children's Hospital of Eastern Ontario who are providing Jayce with "amazing" care.

"That ambulance, they said, was there within four minutes of her being on the phone," said Barbe.

She said Jayce was responsive with family members Monday and even laughed when playing with a flashlight.

His grandmother said he will remain at CHEO for two to three weeks.

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Arrest made after 'suspicious death' of Gatineau woman

Possible domestic dispute. No charges yet laid amid unconfirmed reports of violence



TREVOR GREENWAY
trevor.greenway@metronews.ca

Police in Gatineau have arrested a 49-year-old man following the death of an Aylmer woman who died in hospital early Monday morning. Police are waiting for the results of an autopsy to determine if it was a homicide, terming her death "suspicious."

Police would not confirm media reports that the 42-year-old woman was beaten and stabbed.

Gatineau police spokesman Pierre Lanthier said the 911 call came in around 8:20 Sunday night from someone outside the unit and when police arrived at 45 Symmes St., the woman was in severe condition. She was pronounced dead

at 2:34 a.m.

"As soon as the first police officer arrived at the scene and the paramedics, they realized that the woman was in bad condition, so they did transport to the hospital very quick," Lanthier told reporters at the scene. Police later arrested the 49-year-old man elsewhere in the city and said he was co-operating. They have not ruled the death a homicide and continue to call it a "suspicious death."

Forensic investigators probed the scene Monday morning, looking through nearby bushes for clues and placing yellow evidence markers outside.

The police tape blocking the street and the several cruisers parked in front of the condo didn't faze neighbours strolling by, as police presence in Aylmer has been a "common occurrence" lately.

"It happens often," said Aline Lefebvre, who was walking with her young daughter. She lives just a few doors down and didn't hear anything that



Gatineau police investigators comb the parking lot of an Aylmer condo Monday after a 43-year-old woman was killed in a possible domestic dispute. TREVOR GREENWAY/METRO

transpired the night before. "It's scary when you have kids."

Joanne Down, who lives a few streets over, said while she doesn't consider Aylmer to be

a dangerous neighbourhood, she does sometimes worry about her university-aged children walking home from the nearby bus station after a day of classes.

Police have not charged the man in custody and interviewed him Monday night.

Lanthier said police aren't sure how well the two knew each other.



Tammy Giuliani of Stella Luna Gelato Café competes in the Gelato World Tour in Austin May 9-11. CONTRIBUTED

Gelato queen taking on the continent

It's a long way from Ottawa to Austin, Texas, and Tammy Giuliani's ticket tastes of chocolate, dark rum and wild cherries.

Giuliani, owner of Stella Luna Gelato Café, jets off next month as one of 16 competitors (and one of two Canadians) in the North American round of the Gelato World Tour. Three finalists will proceed from Austin to compete against the world's best gelato-makers in Rimini, Italy, in September. It's

kind of nice to be here in our nice little shop and everybody thinks you're wonderful," Giuliani said, "but it's another step to put yourself out on an international level, and to be with that calibre of people is very humbling."

Giuliani has paid her dues, learning the art and science of artisanal gelato-making at Italy's Carpigiani Gelato University. She's ready to pit her signature flavour — Rich Chocolate,

Still talking gelato, right?

"Naughty in its decadence, sensual in its velvety smooth texture ..."

Part of the official description of Tammy Giuliani's Gelato World Tour entry

Dark Rum and Wild Cherries — against the best, winning over both a panel of judges and the tasting public. The event is

expected to draw from 100,000 to 200,000 dessert lovers over a weekend.

"All of these textures and flavours are so intense that they each have to hold their own without overshadowing anything, but without losing themselves," she said. "It's such a sensual, alluring flavour."

She's also got backup from husband Alessandro: "He's what I call my secret weapon ..."

STEVE COLLINS/METRO



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NEWS

Earth Day in Ottawa

April 22. It's your day, Earthlings! Here are four Earth Day events and activities in your corner of the planet

STEVE COLLINS
ottawa@metronews.ca

Canadian Museum of Nature

Admission to the Canadian Museum of Nature is free on Earth Day (which means adults save \$12.50, students and seniors \$10.50 and children 3-12 \$8.50). One exception: Frogs: A Chorus of Colours, the museum's special exhibit featuring live frogs from around the world, will still set you back an admission fee.

More info: nature.ca

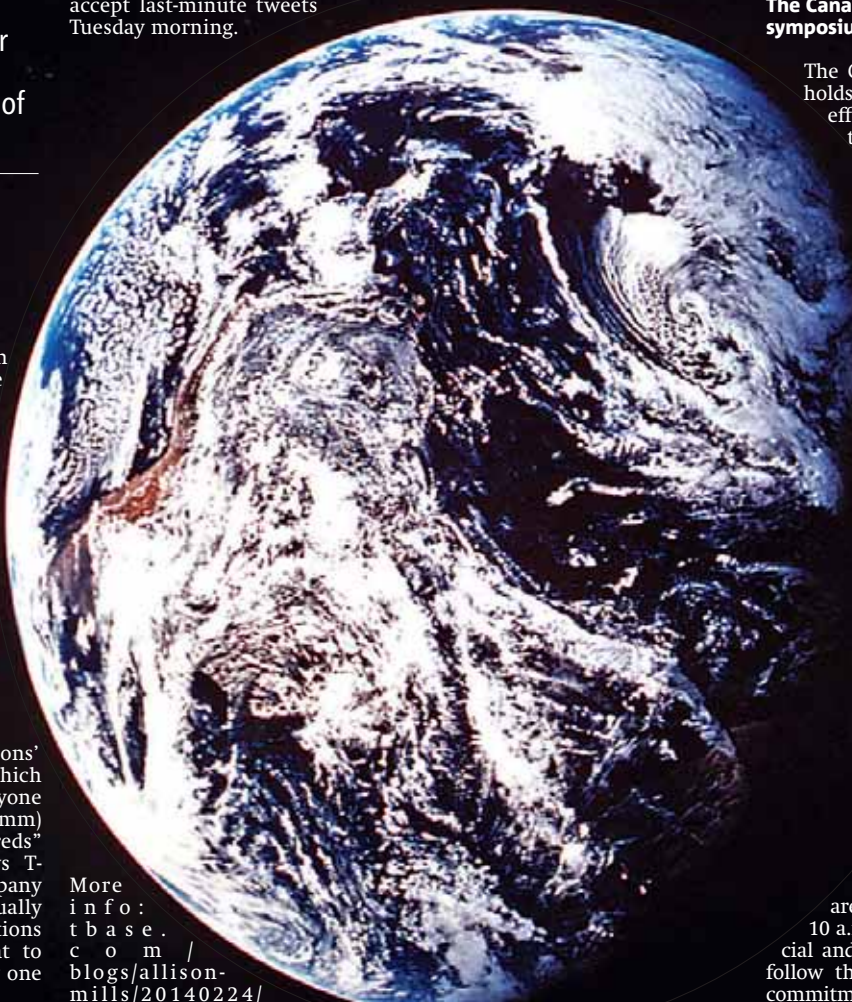
Tweet-a-Tree campaign

T-Base Communications' Tweet-a-Tree campaign, in which they plant a tree for everyone who tweets them (@TBaseComm) winds up Earth Day. "Hundreds" of tweeps participated, says T-Base's Allison Mills. The company specializes in helping the visually disabled, and braille publications require paper, so they want to plant a dozen trees for every one they use.

The campaign officially ended Monday night, but T-Base will still

accept last-minute tweets Tuesday morning.

More info:
tbase.com/
blogs/allison-mills/20140224/
tweeting-our-way-greener-planet



The Canadian Climate Forum symposium

The Canadian Climate Forum holds its symposium on the effects of extreme weather this week in Ottawa. On Earth Day, they're inviting the public to a free information session at the University of Ottawa on the latest reports from the Intergovernmental Panel on Climate Change, with participation by contributing authors. Desmarais Building (55 Laurier Ave. East), Rm. 12102, 5-7 p.m.

More info:
climate-forum.ca

Westboro Beach

Ottawa Centre MP Paul Dewar and provincial NDP candidate Jennifer Mackenzie are at Westboro Beach at 10 a.m., calling on the provincial and federal governments to follow through on infrastructure commitments to protect the Ottawa River from sewage and storm-water overflow.

Milestones

Key dates in the history of Earth Day

- 1969. Earth Day founder Wisconsin Sen. Gaylord Nelson witnesses a massive oil spill in Santa Barbara, Calif.
- 1970. On April 22, 20 million Americans take to streets, parks, and auditoriums to demonstrate for a healthy, sustainable environment.
- As 1990 approached, a group of environmental leaders asked Denis Hayes to organize a global Earth Day campaign.
- 2000. Earth Day focused on global warming, used the Internet to organize activists and included a "talking drum chain" that travelled from village to village in Gabon. Hundreds of thousands of people gathered on the National Mall in Washington.
- 2010. 225,000 people gathered at the National Mall for a climate rally, launched an international, one million tree planting initiative with Avatar director James Cameron and tripled its online base to more than 900,000 community members.

EARTHDAY.ORG



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Worker dead after Ottawa industrial accident

Downtown work site.
Fatality happened during demolition at Bank of Canada building

A 45-year-old man was pronounced dead in hospital following an industrial accident at a construction site at the Bank of Canada in downtown Ottawa, police said Monday.

Police said they responded to the intersection of Bank and Sparks Streets at approximately 1:45 p.m.

PCL Construction issued a

statement Monday afternoon saying it is "deeply shocked and saddened" by the incident. The company said the dead worker was from Priestly Demolition, a company subcontracted on the construction site.

The Ministry of Labour is leading the investigation with assistance from Ottawa police. A ministry investigation is standard procedure in any case of a workplace death. CBC reported that Ottawa Fire Services spokesman Marc Messier said the man had a severe head injury and that it was "obvious" that either a piece of a wall or a brick from a wall had fallen on the man as it was being de-

molished.

The site will be closed until further notice, the PCL Construction said.

"Out of respect for the family, we will not be providing any details about the fallen worker," the company wrote. "We also cannot provide any details regarding the incident at this time as the incident is under investigation. We extend our deepest condolences to the worker's family and friends for their loss."

Two Ottawa police cruisers were parked on Sparks Street near the site Monday afternoon as an investigation took place.

THE CANADIAN PRESS



Construction workers cross the street in front of a police car, which sat outside a work site at the Bank of Canada, where a fatal industrial accident killed a man Monday. STEVE COLLINS/FOR METRO

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Via Rail to hold public briefing on crossing issues

Via Rail will hold a technical briefing at city hall in Ottawa in the coming days at the request of Mayor Jim Watson, one of several area politicians who have expressed concern about rail crossing signal glitches in Barrhaven.

The update from Via

comes after senior city staff urged Via officials for two days to hold a public briefing on the matter, according to an open letter from Watson that was released to the media on Thursday.

"I think you will agree that there has been a failure

to communicate facts to the public in a timely manner about these failures. This has exacerbated the public's loss of confidence in these rail crossings," wrote Watson to Via's interim president and CEO, Steve Del Bosco.

JOE LOFARO/METRO

Police close probe into man found injured on street

Gatineau police say they have closed their investigation into an incident in which a passerby found a man with serious injuries lying on the ground near 40 Vaudreuil St. Sunday night around 10:30 p.m.

Police said Monday morning the man was taken to

hospital in critical condition and although his condition improved somewhat over night police say they said they feared for the man's life. However, police said Monday afternoon the man's condition had further improved and they were no longer concerned that he might die.

They said the man refused to co-operate with investigators and so they closed their probe.

Police had said earlier they were not ruling out the possibility the man was attacked by one or more people, but said he might also have suffered a serious fall. METRO

Star point guard skips NBA draft

Philip Scrubb.

Carleton Ravens player plans to spend the year fine tuning his skills



TREVOR GREENWAY
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It has always been Philip Scrubb's dream to play in the NBA.

But the Carleton Ravens star point guard won't get his shot — at least not this summer.

Scrubb has decided not to register in this year's NBA draft and wants to use his fifth and final year fine tuning his skills at Carleton and possibly win a fifth national championship.

"I just felt that I probably, realistically, wasn't going to be

picked as high or picked at all just based on my past season and coming out of the CIS," Scrubb told Metro Monday.

He is aware that it will be a lot tougher to turn NBA heads if he doesn't get a shot at a training camp this summer, but the point guard, who won his third straight Canadian Interuniversity Sport (CIS) most outstanding player award this spring when his Ravens won their 10th national title, is willing to take that chance.

"Coming out of the CIS, it's obviously going to be a lot tougher than if I was playing in the NCAA," said Scrubb. "It's going to take a lot of hard work and obviously I have got to have a better individual season next year and our team has got to be playing at a pretty high level for some schools to notice me."

Director of Basketball Recruiting and National Scout

Quoted

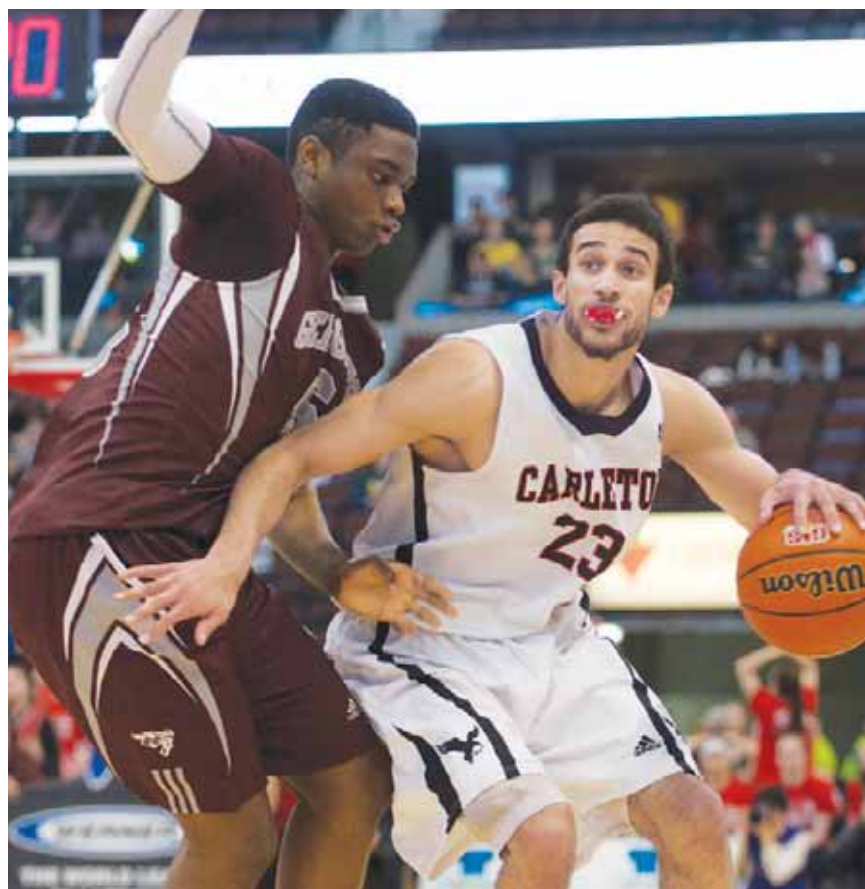
"It's going to take a lot of hard work and obviously I have got to have a better individual season next year."

Philip Scrubb, Carleton Ravens point guard on his plans to spend the year improving

at North Pole Hoops Tariq Sbiet said Scrubb's decision to stay at Carleton for one more year is a good one. He doesn't think Scrubb would have been drafted this year, not because of a lack of talent, but because the star guard just isn't on the NBA radar yet.

"A high majority of Americans don't even know what the CIS is, so just by that alone, I think he would be at a disadvantage," said Sbiet.

"A lot of things would have to align."



Ravens guard Philip Scrubb calls for a pick with a Gee-Gee hot on his trail. TREVOR GREENWAY/METRO

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Friends of Emmet headline cancer benefit



Friends of Emmet play Centrepointheatre April 26 from 7-11 p.m.

COURTESY OF ROBERT HOWARD

Fighting cancer's easy on the ears at this Saturday's Be a Hero Cancer Benefit Concert at Centrepointheatre.

This year's offering from Music for Life Fundraising Concerts features Dublin, Ireland's Friends of Emmet as well as local acts Nothing and Wicked Grin.

Tickets are \$26.25, and available online at centrepointheatre.ca, by phone at 613-580-2700 or at the

box office.

Proceeds from this year's event will go to the Ottawa Hospital Foundation and Queensway Carleton Hospital Foundation for patient care and equipment.

Since they began in 2006, Music for Life Fundraising Concerts has raised a total of \$46,222.50 for cancer-related charities, according to figures posted on the organization's website.

STEVE COLLINS/FOR METRO

B.C.'s Purple Kush

Medical marijuana recalled after production practice issues

A medical marijuana production facility in British Columbia is warning users not to smoke their Purple Kush after Health Canada found "issues with the company's production practices," which prompted a voluntary recall of the batch.

Greenleaf Medicinals is telling clients to immediately stop using a batch of Purple Kush brand marijuana labelled "PK-10-20-13."

"It's not a danger to those people using the product, but they are being asked to discontinue use," Health Canada Spokesperson Erika-Kirsten Easton told Torstar News Service.

She wouldn't elaborate on what "production practices" Health Canada had issues with, but the company is now working other licensed producers to find another supply of marijuana for those who are impacted by the recall.

TREVOR GREENWAY/METRO, WITH FILES FROM TORSTAR NEWS SERVICE



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Map not to scale. Rendering is artist's concept only. Prices and specifications are subject to change without notice. E. & O. E.



Three decades on the run. Fugitive finally captured in Texas

A disabled 78-year-old church deacon living quietly in Texas was arrested Monday by federal agents who said he committed a murder 33 years ago and 1,300 miles (2,092 kilometres) away.

Authorities say Joseph Lewis Miller fled Pennsylvania after shooting a man in a parking lot outside a hotel in 1981. He was charged with murder and three other felonies, but the case remained unsolved for three decades until investigators translated a previous tip that Miller had been living in Mexico under an alias — the name of a deceased cousin.

The U.S. Marshals Service in Harrisburg, Pennsylvania, traced that name to rural Mineola, Texas, a town of 4,500 people. Miller confessed to the shooting shortly after his arrest, authorities said.

People in Mineola knew

Miller as Roy Eubanks, a former employee of the local paper plant who was collecting disability cheques and walked with a cane. He married at least twice in Texas, most recently in 2010. His wife told The Associated Press on Monday that he had said he killed someone in "the accident that happened" many years ago.

According to U.S. Marshals, Miller was charged in the 1981 death of Thomas Waller in Harrisburg, Pa. The Patriot-News reported that Waller was found inside his car with a gunshot wound to his head. That was the second time Miller was accused of murder. He pleaded guilty in 1959 to killing a Harrisburg man and was given life in prison — a sentence commuted in 1971 by former Pennsylvania governor Raymond P. Shafer.

THE ASSOCIATED PRESS

Air Canada

Two baggage handlers face termination

Two Air Canada baggage handlers set to lose their jobs over a video showing bags being dropped several metres into a bin on the ground were working under intense pressure to move the items quickly, their union said Monday. A spokesman for the union said when there's no more room for carry-on luggage inside a plane, handlers are forced to take the rest outside in a rush to be stowed elsewhere so the flight isn't delayed.

THE CANADIAN PRESS

Utah

Man shot dead by marshal while attacking witness

The FBI says a defendant has died after being shot by a U.S. marshal during an attack on a witness during a trial in federal court in Salt Lake City.

The FBI said 25-year-old Siale Angilau died Monday at a hospital. The agency says Angilau was shot in the chest as he rushed the witness with a pen in an aggressive, threatening manner. Authorities said Angilau was shot several times in front of a jury that had been selected on Friday.

THE ASSOCIATED PRESS

Friends, family say goodbye to victims

Calgary. Mourning the worst mass murder in the city's history

One was remembered as a wonderful friend who was always ready with a compliment, another as a tiny dancer with huge courage. The third was a skilled drummer who exemplified the statement all is good.

Three young people were remembered at funerals in Calgary on Monday — all victims in the worst mass murder in the city's history.

Jordan Segura, Kaiti Perras and Josh Hunter were stabbed to death along with Zackariah Rathwell and Lawrence Hong at a house party April 15. The party was being held to mark the end of classes at the University of Calgary.

A fellow party-goer, Matthew de Grood, has been charged with five counts of first-degree murder.

Segura's funeral was the first of the day. The 22-year-



Pallbearers carry the casket of stabbing victim Kaiti Perras to the hearse at her funeral in Calgary on Monday.
MIKE RIDGEWOOD/THE CANADIAN PRESS

old was a religious studies student at the University of Calgary and had worked for the past year at McInnis and Holloway, the funeral home where the service was held.

A plain wooden coffin was covered with a bouquet of white carnations and white roses sat at the front.

Jayda Shreenan, friends with Segura since high

school, reassured more than 300 mourners that the university student wasn't alone when he died — he was surrounded by those who loved him. THE CANADIAN PRESS

Parents say 234 girls missing after Nigerian school kidnapping

Some 234 girls are missing from the northeast Nigerian school attacked last week by Islamic extremists, significantly more than the 85 reported by education officials, parents told the state governor Monday.

The higher figure came out a week after the kidnappings when the Borno state governor insisted a military escort take him to the town. Parents told the governor that officials would not listen to them when they drew up

their list of names of missing children and the total reached 234.

The discrepancy in the figures could not immediately be resolved.

Security officials had warned Gov. Kashim Shet-

tima that it was too dangerous for him to drive to Chibok, 130 kilometres from Maiduguri, the Borno state capital and birthplace of the Boko Haram terrorist network blamed for the abductions. THE ASSOCIATED PRESS

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Boston shows its strength as thousands run the marathon

Resilience. Nearly 36,000 participate, including many kept from the finish line last year by the bombing that left three dead

Under heavy security that included surveillance cameras and police on rooftops, nearly 36,000 runners hit the streets Monday in the first Boston Marathon since last year's deadly bombing, sending a powerful message of resilience.

In what some saw as altogether fitting, an American won the men's division for the first time in more than 30 years, dominating a field that included many athletes who were prevented from completing the race last year.

The two pressure-cooker bombs that went off near the end of the course last year killed three and wounded more than 260 in a hellish spectacle of torn limbs, smoke and broken glass.

This year, police were

Unstoppable

"I showed up, I'm back, and I am going to finish what I didn't finish last year."

50-year-old Mary Cunningham, who was stopped a mile short of finishing last year's Boston Marathon by the deadly explosions

deployed in force along the route, with helicopters circling above and bomb-sniffing dogs checking trash cans.

A total of 35,755 athletes were registered to run, the second-largest field in its history, with many coming to show support for the city and its signature sporting event. "Boston Strong" — the unofficial slogan adopted after the terrorist attack — was everywhere.

"I think I'm going to start crying at the starting line, and I'm not sure I'll stop until I cross the finish line," said Katie O'Donnell, a doctor who was stopped less than a mile from the end last year.

At 2:49 p.m., the time the bombs went off, spectators observed a moment of silence



Boston Marathon husband and wife bombing survivors Patrick Downes and Jessica Kensky, who each lost a leg in last year's attack, roll across the finish line in the 118th Boston Marathon Monday. ELISE AMENDOLA/THE ASSOCIATED PRESS

at the finish line. It was followed by some of the loudest cheers of the day as people

whooped, clapped and rang cowbells.

American Meb Keflezighi,

who had the names of last year's victims written on the corners of his race bib, won



Meb Keflezighi of San Diego wins at the Boston Marathon on Monday. CHARLES KRUPA/THE ASSOCIATED PRESS



Kenya's Rita Jeptoo wins the women's division of Monday's Boston Marathon. CHARLES KRUPA/THE ASSOCIATED PRESS

the men's title in two hours, eight minutes, 37 seconds.

THE ASSOCIATED PRESS

Sit back, relax — and open up a packet of powdered booze?

How's this for a revolutionary invention: Turn a glass of water into rum by stirring in a packet of powdered alcohol.

Crazy? Not with Palcohol, a new product that claims to pack the punch of hard liquor in fine powder form. Just add it

to any food or liquid and presto: instant alcohol.

It's not on store shelves yet, but Palcohol has already cleared several regulatory hurdles in the U.S. This month, the U.S. Alcohol and Tobacco Tax and Trade Bureau approved

package labels for the product.

"I thought maybe it was some sort of weird oversight or miscalculation," said Robert C. Lehrman, an attorney specializing in the regulation of alcoholic beverages, who said he has never seen anything like it.

According to the product's website, Palcohol was created by Mark Phillips, an Arizona man who wanted a portable form of alcohol for camping trips. Lehrman said he spoke to Phillips after learning about the label approval.

"He said he was working with the government for many years to get this approved," Lehrman said.

But don't expect to find Palcohol at your local liquor store any time soon. Lehrman cautioned that Phillips will have to

clear other hurdles.

"I would expect that they would be quite cautious about this," he said. "If you're making a lot of money selling Johnny Walker Blue or Heineken, do you really want to rock the boat with this?" **TORSTAR NEWS SERVICE**

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Saskatchewan

Eatery accused of firing Canadians for foreign temps

The federal government is investigating a Saskatchewan restaurant where two waitresses say they lost jobs to temporary foreign workers. A CBC report says Sandy Nelson and Shaunna Jennison-Yung were among several servers who were fired last month and replaced by government-approved temporary help from outside Canada.

THE CANADIAN PRESS

Mount Everest

Sherpas calling for boycott after deadly avalanche

Buddhist monks cremated the remains of Sherpa guides who were buried in the deadliest avalanche to hit Mount Everest, a disaster that has prompted calls for a climbing boycott by Nepal's Sherpa community. A boycott could critically disrupt the Everest climbing season, which is key to the livelihood of thousands of Nepali guides and porters.

THE ASSOCIATED PRESS

British Columbia

Asian mussel sails to Canada on tsunami debris

A sea creature unfamiliar in Canadian waters has hitchhiked its way across the Pacific on a piece of suspected tsunami debris from Japan's 2011 earthquake. The federal Fisheries Department has identified a non-indigenous mussel, called mytilus coruscus, on a piece of wreckage believed to have drifted to B.C. after the tsunami.

THE CANADIAN PRESS

Families await grim news as Sewol ferry death toll rises

South Korea. After the bodies are pulled from the water, authorities try to identify the victims

Lee Byung-soo says he knew, when he saw his 15-year-old son's body in the tent. It could not have been more horrifically obvious. But he wanted so much for him to be alive.

"Stop sleeping!" the truck driver yelled as he hugged Lee Seok-joon. "Why are you sleeping so much? Daddy will save you!"

He pumped his son's chest and blew into his mouth to try to resuscitate him.

This is the kind of heart-break that awaits the families of about 220 people still missing from the submerged ferry Sewol, or at least those whose relatives' bodies are ultimately recovered.

The pace of recovering bod-

ies has accelerated in recent days, since divers finally succeeded in entering the vessel. There were 86 confirmed fatalities as of Monday night.

After the bodies are pulled from the water, police and doctors look for forms of ID and take notes on the body's appearance, clothing and any identifying physical marks, said a Health Ministry official who spoke on condition of anonymity.

Lee Seok-joon arrived as Body No. 41. The sight of his son brought Lee to his knees. He later lashed out at a military doctor who was in the room removing Lee's son's clothes. "Don't touch my son!" he said. "He's still alive!"

Lee said Monday, as he escorted his son's body home by ambulance, that his right eye had completely decayed.

The captain of the ferry, Lee Joon-seok, first told passengers to stay in their rooms and waited more than half an hour



A relative of a passenger aboard the sunken ferry Sewol shouts the name of her missing family member as she waits for their return at a port in Jindo, South Korea. AHN YOUNG-JOON/THE ASSOCIATED PRESS

to issue an evacuation order as the Sewol sank.

President Park Geun-hye called the captain's actions "unfathomable." Park said the

captain and some crew members told passengers to stay put while they themselves escaped.

Lee, 68, and two crew members have been arrested.

The search effort on Monday included more than 200 rescue boats, 35 aircraft, 13 fishing boats and 641 personnel.

THE ASSOCIATED PRESS



Lighting candles for the victims. YONHAP/THE ASSOCIATED PRESS

Jindo island Identifying the bodies

The bodies are transported to Jindo island, as rescuers notify families waiting at the port, or at a gymnasium where many are sheltering. Bodies without IDs are described to officials in Jindo who relay the details to the relatives.

At the dock, bodies are taken to a white tent for another inspection, then transported to another tent. A coroner there cleans up the bodies, mostly to wipe off oil and dirt and straighten limbs.

Only two pieces of news are delivered here: your loved one is dead, or still missing. THE ASSOCIATED PRESS

Joe Biden set to meet with Ukraine officials

Vice-President Joe Biden launched a high-profile visit on Monday to demonstrate the U.S. commitment to Ukraine and push for urgent implementation of an international agreement aimed at de-escalating tensions even as violence continues.

The United States will decide within "days, not weeks" whether Russia is abiding by the accord, a U.S. diplomat said.

"It's still too early to tell if this is going to succeed," said Geoffrey Pyatt, U.S. ambassador to Ukraine. "The ball is really in Moscow's court in terms of whether they're going to take this diplomatic off-ramp." The United States has threatened additional sanctions against Russia if the agreement is not heeded.

Biden planned to meet with government leaders who took over after pro-Russia Ukrainian President Viktor Yanukovich was ousted in February. The White House said President Barack Obama and Biden agreed he should make the two-day visit to the capital city to send a signal of support for the new government's reform efforts.



People listen and react to a pro-Russian speaker in Luhansk, Ukraine. A. ZEMLIANICHENKO/THE ASSOCIATED PRESS

Biden will hold talks with Arseniy Yatsenyuk and Oleksandr Turchynov, the acting Ukrainian prime minister and president. He also is scheduled to meet with legislators from across the country and democracy activists.

The State Department, meanwhile, said photos available from social media and other sites show Russia has sent forces into eastern Ukraine. The alleged "concerned citizens" who want more autonomy in eastern Ukraine are dressed the same and are carrying the same kind of RPG-30 rocket launchers that are issued to Russian army troops.

A senior administration official told reporters onboard Air

Force Two that Biden plans to announce new technical support to the Ukrainian government to implement energy and economic reforms. The official, speaking on a condition of anonymity, said the vice-president also will follow up on recent U.S. commitments of non-lethal security assistance.

Biden also plans to discuss preparations for next month's presidential election and the latest developments in eastern Ukraine, where insurgents are accusing leaders in Kyiv of aiming to suppress the country's Russian speakers concentrated in the region.

His trip comes a day after a shootout at a checkpoint in eastern Ukraine manned by pro-Russia insurgents left at least three dead and Ukrainian and Russian officials trading accusations of blame.

The armed clash followed Thursday's announcement in Geneva that talks between Ukraine, Russia, the United States and the European Union produced an agreement to take tentative steps toward calming a volatile situation in eastern Ukraine. THE ASSOCIATED PRESS



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Economic Action Plan. Pollsters told to drop key questions from survey

The Finance Department has ordered its pollsters to stop asking Canadians potentially embarrassing questions about Economic Action Plan advertising.

In 10 public opinion surveys since 2009, Canadians were asked whether they took any action as a result of seeing ads placed with newspapers, TV, radio and the Internet on the benefits of the Economic Action Plan. Results have been in sharp decline in recent years, with a tiny fraction of those polled in 2013 saying they visited the EAP website or called a toll-free number, as the ads urge.

And so the Finance Department now has eliminated the question altogether, along with three other questions that asked Canadians to rate the government's performance. There, too, the numbers had been dropping to new lows.

The Finance Department paid pollster Harris Decima almost \$31,000 to conduct a truncated survey of 2,000 Canadians in early November about their



An EAP sign in Mississippi Mills, Ont.
ADRIAN WYLD/THE CANADIAN PRESS

reactions to a pair of 30-second TV ads and two radio ads. The ads' content was described in detail to respondents, but as few as 13 per cent recalled seeing or hearing the ads, which ran between Oct. 7 and Nov. 3.

No data was collected on any actions respondents took in response to the ads, or their rating of the government's performance, as the questions were quietly dropped.

The opposition parties have called the ads thinly disguised propaganda. Editorials at major news organizations have said the ads are designed to promote the Conservative party with public money.

THE CANADIAN PRESS

Teen who stowed away in plane 'lucky to be alive'



A 16-year-old boy, who stowed away in the wheel well of a flight from San Jose, Calif., to Maui, is loaded into an ambulance. CHRIS SUGIDONO/THE ASSOCIATED PRESS

Stowaway teen. A teen boy ran away from home and boarded a Hawaiian Airlines plane without detection

Officials say a 16-year-old boy is "lucky to be alive" and unharmed after flying from California to Hawaii stowed away in a plane's wheel well, surviving cold temperatures at 38,000 feet and a lack of oxygen.

FBI spokesman Tom Simon said the boy doesn't even remember the flight. "Kid's lucky to be alive," Simon said.

The boy was questioned by the FBI after being discovered on the tarmac at the Maui airport Sunday morning with no identification, Simon said.

Simon said security footage from the San Jose airport verified that the boy from Santa Clara, Calif., hopped a fence to get to Hawaiian Airlines Flight 45 on Sunday morning. He had run away from his family

after an argument, Simon said. Simon said when the Boeing 767 landed, the boy hopped down from the wheel well and started wandering around the airport.

"He was unconscious for the lion's share of the flight," Simon said. The flight lasted about 5 1/2 hours.

Hawaiian Airlines spokeswoman Alison Croyle said airline personnel noticed the boy on the ramp after the flight arrived and notified security.

"Our primary concern now is for the well-being of the boy," Croyle said. Simon said the boy was medically screened and found to be unharmed.

His misadventure raised several security questions.

Rep. Eric Swalwell, a Democrat who represents the San Francisco Bay Area's eastern cities, said that the incident "demonstrates vulnerabilities" in the airport security systems.

The boy was released to child protective services and not charged with a crime, Simon said. THE ASSOCIATED PRESS

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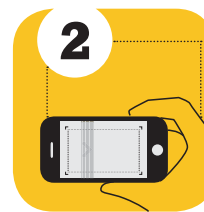
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New survey. Majority of business owners are blasé about lower loonie

The fluctuating loonie may actually have little impact on most Canadian businesses, suggests a new survey by the Bank of Montreal.

About half (54 per cent) of business owners recently polled said changes in the dollar have no impact on them. While slightly more (55 per cent) of those who head small businesses, described as firms with less than 50 employees, said that held true for them as well.

This contrasts with 27 per cent who said their businesses benefit from a weak dollar and

18 per cent who believed they were worse off when the loonie falters against the U.S. dollar.

Those polled, on average, expect the Canadian dollar to drop to 89 cents US by the end of this year.

The Canadian dollar has been hovering around the 90-cent US mark in the last few weeks after falling as low as 89 cents in March. However, that is still below the currency's 2014 high of 93.99 cents US on Jan. 3. The last time it reached parity with the U.S. dollar was in February 2013.

THE CANADIAN PRESS

Market Minute



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TSX
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GOLD
\$1,288.50 US (-\$5.40)

Natural gas: \$4.70 US (-\$0.06)
Dow Jones: 16,449.25 (+40.71)

FarmersOnly sows seeds of love via dating website



Chelsea and Daniel Seitz pose at their wedding on Sept. 28, 2013, in Pierson, Man. An online dating site called FarmersOnly promised to steer him clear of city slicker singles. CHRIS JONES/THE CANADIAN PRESS/HANDOUT

Yee-haw! Site brings farmers together to knock cowboy boots, and maybe even to share a happy home on the range

Daniel Seitz was at home on his family's farm in southeastern Saskatchewan, watching a TV agriculture report, when an ad popped up on the screen and tugged at his lonely heart.

An online dating site called FarmersOnly promised to steer him clear of city-slicker singles and hook him up with potential partners looking for a man just like him, one comfortable in cowboy boots and living life

on the land.

Two years later, the 27-year-old electrician and cattle farmer is newly married to a horse-riding farm girl who won him over with her smile, with a four-year-old stepdaughter and a new baby on the way.

It's an online love story that FarmersOnly founder, Jerry Miller, is hoping to see more of in Canada.

Miller was doing agricultural marketing when he came up with the idea for the dating site in 2005. A divorced, female friend was having trouble meeting men while working long hours on her farm, and found suitors on other dating websites didn't have a clue about what her life was like. The little dating site that grew now has about 1.5 million members.

It's one of many niche dating sites that have popped up in North America in recent years. There are those for different religions and diets, widows and single parents, nudists and smokers. THE CANADIAN PRESS

Selling the simple life

"City folk just don't get it."

A FarmersOnly ad slogan

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THE ASSOCIATED PRESS

The environment

Apple goes green, with free recycling of used products

Apple is offering free recycling of all its used products and vowing to power all of its stores, offices and data centres with renewable energy to reduce the pollution caused by its devices and online services.

Apple Inc. is detailing its efforts to cultivate a greener company in an environmental section on its website. THE ASSOCIATED PRESS

Pacific Gas & Electric Co.

PG&E pleads not guilty in deadly pipeline blast

Pacific Gas & Electric Co. pleaded not guilty Monday to a dozen felony charges stemming from alleged safety violations in a deadly 2010 natural gas pipeline explosion that levelled a suburban neighbourhood in the San Francisco area.

It is rare for a pipeline company to be charged with criminal safety laws.

THE ASSOCIATED PRESS

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NOT ALL PASSIONS COME WITH A PAYCHEQUE

Confucius supposedly said that if you do what you love then you'll never work a day in your life.

This is a nice little aphorism, but there are very few people who manage to see it through. In fact, a 2013 employment poll by Gallup found that only 13 per cent of people are actively engaged at work and the vast majority of employees worldwide report an overall negative job experience.

Transforming a personal interest into a lucrative occupation that provides you with a sense of purpose and accomplishment is definitely possible. I love to write, and authoring my own newspaper column is a dream job for me, but it still feels like a job sometimes — especially when I have a deadline looming.

Jobs come with a certain level of accountability and



SHE SAYS
Jessica Napier
metronews.ca

there are always going to be some mundane administrative tasks to do. We have reports to produce, bosses to answer to and targets to meet and it's unreasonable to assume that every single workday is going to feel like an incredibly gratifying experience.

It's also important to remember that without work, there would be no play. Leisure time is enjoyable because it is free of the responsibilities and expectations that come with a job. Taking something you love to do — whether it's taking photographs or baking pastries or playing the guitar — and turning it into a paycheck is going to change the way you experience that passion.

And yet, we are constantly told that our career decisions should reflect our personal interests. In a 2005 commencement address at Stanford University, Steve Jobs told

the graduating class, "The only way to do great work is to love what you do," and, "If you haven't found it yet, keep looking."

It's an inspiring thought, of course, but how many young people are out there desperately trying to find their life's purpose and coming up short? Not all of us possess a very specific burning desire to practise law or plan weddings or become a marine biologist. Telling someone that they must spend their life searching for their true calling is kind of like saying there is only one special soul-mate out there for each of us and if we can't find him or her then we have somehow failed. There are so many unexpected things that can happen in life to change who you are and what you want to do, why limit yourself to the pursuit of one single career destiny?

You might not always love what you do, but work is just one part of life and it doesn't have to define who you are.

Follow Jessica Napier on
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ZOOM

Science has brush with art



A woman views the painting *The Fighting Temeraire* by J.M.W. Turner at the National Maritime Museum in Greenwich, England. The exhibition opened on Nov. 22, 2013, and ended Monday. OLI SCARFF/GETTY IMAGES

Artists' canvases capture air pollution

A new scientific study shows that landscapes painted by the likes of J.M.W. Turner are the picture of pollution. The study, led by Andreas Kazantzidis from the University of Patras, Greece, revealed that artists' stunning sunsets became redder as air pollution increased. Kazantzidis and his team of scientists analyzed hundreds of artworks painted between 1500 and 2000 and found a correlation between events such as volcanic eruptions and the sky coloration on the canvases of some of the artists. **METRO**

Q&A

Study links volcanoes to art

Metro spoke with researcher Andreas Kazantzidis about the study.

Is it fair to say that many artists owe a lot to pollution?
Yes, for many of them it's true. The images would not be so romantic as we see them now.

Why are some of the sunsets and sunrises redder?
The basic idea is that we can scientifically demonstrate the

fact that the change of atmospheric constituents (aerosols) affects the colours depicted in the paintings. There are different colours in sunset and sunrise because there are different constituents in the atmosphere.

What part of the world did you look to?

Most of our research corresponds with the atmospheric conditions in Europe. In some paintings you see significant changes in the colours and this is connected to volcanic eruptions.

METRO AUGMENTED REALITY

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MetroTube

Look, Mom, I'm flying through fireworks



ANDREW FIFIELD
metronews.ca

Ask me to name the thing I'd most like to be mass-produced to the point of affordability for humble folk: It's the remote control quadcopter. Think of it as a personal drone.

Not for nefarious purposes, of course. It's mostly because an earlier dream of owning an elite model airplane is sadly antiquated by now. However, this person's fabulous idea to send their DJI Phantom into a fireworks show makes a pretty good case, too. The song is *Arcade Fire's Sprawl II*, in case you're wondering. (Via Gasper C on Vimeo)



GETTY IMAGES

DVD review



Sorcerer

Director. William Friedkin

Stars. Roy Scheider

.....

Almost as risky as Sorcerer's central plot of transporting nitroglycerine was the decision by William Friedkin to essentially remake Henri-Georges Clouzot's 1953 Cannes winner *The Wages of Fear*. How do you improve on a masterpiece? You can't, and Friedkin didn't, which explains why this 1977 thriller by The French Connection director was treated as an expensive indulgence back in the day. But time and critical reappraisals have been kinder, justifying Blu-ray ballyhoo. The canvas is broader but the main story remains: Four men with two trucks loaded with highly volatile nitro must travel hundreds of kilometres over rough South American terrain to blow up an oil well fire. The nitro's split between two trucks, because nobody believes both vehicles will make it. What the film lacks in novelty, it makes up in genuine suspense, aided by a nerve-jangling electronic soundtrack by Tangerine Dream.

PETER HOWELL

Finding the true Felix

Orphan Black. Metro sits down with actor Jordan Gavaris to discuss the evolution of his character on the show

LISA
WEIDENFELD
Metro World News

Jordan Gavaris plays heroically helpful foster sibling Felix to main clone Sarah on *Orphan Black*. We talked to him about what's ahead for him in Season 2, airing Saturdays at 9 p.m. ET on Space, and whether Felix is finally getting fed up with Sarah taking him for granted.

The Season 2 poster seemed to imply that Felix and Alison will be getting closer this season. Would you say that's accurate?

Oh, you may be onto something. I think that poster is filled with Easter eggs. Felix and Alison do have a close relationship this season and I can't say as to whether or not it comes at the cost of Felix and Sarah's relationship, but I can tell you there's a real point of contention between Felix and Sarah that will come to a head and Felix will make a decision. I think he's been living life as an accessory to the Clone Club and it's time that he claimed a piece of his identity, because after all, that's thematically what the show's about. It's about identity. It's no surprise



Jordan Gavaris plays Felix in *Orphan Black*. COURTESY SPACE

and it's not an accident that Felix loses a bit of his identity in the Clone Club.

What is it about Alison that draws him in? She's so different from him.

She's so different and yet she's the same. In a different life, I would say that Felix could have easily been a suburban gay dad and I think that in a different life, Alison could have been some sort of superfluous, frivolous girl with her gay best friend. I think that they missed each other's archetype by just a hair. I think that's what's cool

about the show and one of the recurrent themes is that it's not so much about "How are you different from me?", it's "How are we the same?" Felix and Alison for all intents and purposes, should hate each other, but they found a common thread.

Will we see Felix get a bit more of his own plotline this season?

It was something that I really pushed for and something (co-creators) John (Fawcett) and Graeme (Manson) were really excited to do. I think first sea-

son he's so willing to submit, he just rolls into submission when it comes to being an asset to the Clone Club, being their only ally. But in reality, how long could a person realistically go living in fear without saying, "No" some of the time, or asking some questions or getting frustrated because they lost who they are? I think this season in particular it was just really important to me to capitalize on truth and honesty and humanity and say, well, yes, he's a great brother, but he's also human and he's going to say "No" sometimes.

2 SCENE



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with Ian Hamilton,
Vidar Sundstol
and Brad Smith
Hosted by Sandra Abma
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writersfestival.org

Don't you worry, child. Dance music scene brings family raves to the clubs



Cosima, 8, is carried by her father at the Big Fish Little Fish 2-4 Hour Party People event in Brixton, South London, on April 12. LEON NEAL/AFP PHOTO

The bass is pumping, the lights are low and the dance floor of the club is heaving.

It's the weekend and the young man is enjoying himself — until someone steals his balloon.

Dressed in a Spiderman outfit, the four-year-old boy runs to his dad by the bar to complain, before receiving a glow-stick in consolation.

Such are the highs and lows of family raving, a new craze

fuelled by London's ex-clubbers who still want to go dancing but now have kids in tow.

"What a genius idea: beer, raving, children. What more could you want?" said Paul Crawley, 34, swaying slowly on the dance floor carrying his baby daughter Camille.

"The worst thing is I was invited out last night, but I said 'No, I've got to stay sober for this party.'"

Family discos and raves are

increasingly common across London, as clubbers who once packed world-famous venues such as Ministry of Sound get older and have children.

"We haven't stopped being people with our own interests," said Hannah Saunders, a 45-year-old former civil servant who organized this party.

Her company, Big Fish Little Fish, is aimed at (and the pun is intended) "two-to-four hour party people" who like to strut

their stuff before getting home for the kids' bedtime.

By the end of the party there are empty plastic pint glasses piled up on tables, but most people are sober, fully aware of their responsibilities as parents.

"The toxins we were pouring into our bodies (when we were younger) were neither here nor there. Actually we still like music and dancing, and we can still do that," Saunders said.

AFP



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Here we Chloe again, with a Jacked up 24

Broken trust. Mary Lou Rajs kub is a combative Chloe opposite Jack as 24 makes a comeback

24 star Mary Lynn Rajs kub says she had put the action-packed spy series well behind her when word came down that Jack was coming back.

"I honestly spent like two or three days in shock, like, 'What do you mean?' Just, like, walking about the house

to my husband going, 'What? How is this really happening?'" Rajs kub said in a recent phone interview from Venice, where she was on a break from the London set.

"But then I had a long time to warm up to the idea and it was quite a while before they approached me in particular. So by the time they came to me with the offer I was just like, 'OK, I'm ready, I'm just waiting for you guys to call.'"

Four years after the addictive serial ended, the groundbreaking franchise is gearing

up to unleash 12 new episodes in the high-octane saga of counter-terrorism agent Jack Bauer, played by Kiefer Sutherland.

In 24: Live Another Day, Rajs kub returns as computer whiz Chloe. The new batch of episodes picks up several years after the events of the series finale back in 2010. Jack is on the run and Chloe is in a dark place emotionally, says Rajs kub.

"Her relationship with Jack is very bad, she doesn't like him very much, she doesn't agree with him and that was

Espionage saga returns

24: Live Another Day debuts May 5 on Global and Fox with two back-to-back episodes.

a cool thing for us to play because we don't see eye-to-eye and that was the first time I think Chloe's been confrontative with him and even more so because she suffered a personal tragedy," she says.

THE CANADIAN PRESS



Mary Lynn Rajs kub and Kiefer Sutherland at a panel for 24: Live Another Day. RICHARD SHOTWELL/INVISION/THE ASSOCIATED PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Lohan reveals miscarriage and dishes on infamous list



THE WORD
Dorothy Robinson
scene@metronews.ca

Sunday night's episode of Lindsay, the Oprah Winfrey-produced reality show featuring America's favourite red-headed train wreck, Lindsay Lohan, was pretty dishy. Not only did Lohan drop the bombshell that she suffered through a miscarriage earlier in the season, but she claims her infamous "sex list" was stolen from rehab.



Regarding the miscarriage, Lohan was explaining why she missed days of filming her show, which was caught on camera: "No one knows this — I had a miscarriage for those weeks that I took off," she claimed. "I couldn't move, I was sick ... Mentally, that messes with you." The father was not named.

She also opened up about

her infamous sexual conquest list, confirming the list's authenticity and shedding light on its origins. "That was part of my Betty Ford (treatment) — it's step number five or step number eight, your sexual inventory. You write that for your sponsor. That was in my Betty Ford book," she said. "That's something I didn't show anyone aside from my sponsor, who's also a very well-known person." So how did the list make its way into the pages of tabloid In Touch? "When I was moving and I was at the Beverly Hills Hotel, there were two people there who helped me move," the troubled starlet says. "Someone took a photo (of my Betty Ford book) and I'm pretty sure I know who it is, and they're not part of my life anymore."

Brand in deep GOOP due to grandiose owings?

It looks like Gwyneth Paltrow is having more than just marital problems. Her lifestyle empire GOOP appears to be in serious trouble, according to corporate filings obtained by Radar Online just days after the company's CEO, Sebastian Bishop, unexpectedly stepped down. While GOOP brought in plenty of money in 2012 — with total declared income of \$1.8 million — the company operated at a loss due to just as much in "administrative expenses," including salaries for Paltrow and Bishop totaling nearly \$600,000 each in addition to "loans to directors" — \$49,000 to Paltrow and \$84,000 to Bishop — that were never paid back. All told, GOOP ended 2012 operating at a loss of nearly \$40,000.



Peaches Geldof ALL PHOTOS GETTY IMAGES

British celebrities gather at funeral for Peaches Geldof, laid to rest at age 25

On Monday, celebrities gathered for the funeral of the British model and TV personality Peaches Geldof, who died at age 25 earlier this month.

Model Kate Moss and former Rolling Stones bassist Bill Wyman were among those attending the private service at a village church in Kent, southern England.

Geldof married her second husband Tom Cohen at the

same church. It's also where her mother Paula Yates' funeral was held when she died of accidental drug overdose in 2000.

It is not yet known what caused the sudden death of Geldof, who was found at her home on April 7. Police say it was "non-suspicious and unexplained," and a toxicology report could take several weeks.

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Feng shui your entire life

Don't be a selfish lover, let go of the past and have some smoked salmon for lunch. Whether you need to press the reset button or start from scratch, love, health and fitness experts have some reminders of how to live your life — better.

ROMINA MCGUINNESS Metro World News in London

Don't be a selfish lover

"Have sex at least once a week. It's important to put yourself through the motions — especially when you're in a serious relationship — even if your mind needs a little time to catch up with your body," says Ian Kerner, sexuality counselor and author of *The Big Fun Sexy Sex Book*. Masturbating to thoughts of your partner also helps to fuel long-lasting desire but indulge sparingly, he adds: "Orgasm is a powerful reward. If you get used to self-pleasuring and taking care of your own needs, you will slowly start to disconnect yourself from your partner and isolate your feelings."

Unshackle yourself from the past

Your life, the one that you're living right now, has nothing to do with what happened five years or two weeks ago. The past is a collection of thoughts that affects and influences us 24/7, but that we can't physically deal with. We're frustrated with an illusion, not a reality. So if a thought makes you unhappy, don't deny it; instead, try to fill your mind with something more positive, says Kerner. "Your happiness should never depend on someone else's unhappiness. So be accountable for your mistakes — being the victim is the easy way out," he adds.

Concentrate on living

Your actions and your thoughts have to be going in the same direction, says London-based life coach and well-being expert Master Simon Lau: "The body doesn't understand trends or desires — only your ego does. So when you're doing something, just concentrate on that, otherwise, your body is never going to enjoy whatever it is that you do. When you eat, concentrate on eating, when you work, concentrate on working," he recommends.

Have casual sex — but be selective

Single? Turn your room into a love nest, says Kerner. "Whether you splash out on some nice sheets or buy a sex toy or two, turn your bedroom into a romantic place you're happy having sex in. That said, too many people have casual sex and end up feeling yucky and ashamed so only sleep with someone you know you won't mind waking up with. You're less likely to regret it if you actually like the person and it might well turn into more..."

Social media is powerful — make the most of it

Book an appointment with yourself in the same way you would schedule a doctors appointment, recommends Charli Cohen, a luxury sportswear designer and personal trainer based in London. "If you make yourself accountable to yourself by sharing your plans on various social media platforms, you'll look a little silly if you bail and then someone asks you about that 'excruciating' spinning class you posted about," she explains.

Eat a cleverly packed lunch

"Prepare what food you can in advance so you can take it to work in a Tupperware. Just make sure you get some protein and fibre in there — you'll end up with a meal that's much better rounded than a bowl of pasta," says Cohen. If you're lacking inspiration or time, then go for no-nonsense options, such as cooked chicken, smoked salmon, avocados and vegetables that can be eaten raw such as pepper and cucumber, she suggests.





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GET CODE
FOR YOUR
CHANCE
TO
WIN**



CELEBRATE LIFE

On March 7, I celebrated what I like to call my third "re-birthday."

My friends and family congratulated me with flowers and cards. It had been three years since I had an awake craniotomy at the Civic Hospital. My mom takes me out every year and we celebrate that day. At 28 years old, I was leading a very normal, happy life. To say that day shocked everyone is an understatement. I was on a date with my boyfriend Matt when I felt my face twitch. I awoke with us pulled over on the side of the road. He was on the phone with my parents, telling them I had a seizure. They rushed me to the hospital where my family met us. They did some scans, and after another seizure, told us I had a tumour in my brain. I would have surgery in a week and a half. My family was terrified.

I remember the rest of the hospital stay with only good memories. I felt immediately like this diagnosis, and the word cancer, could just be a bump in my road of life. I could recover from it and

survive. I was constantly surrounded by family and friends, bringing gifts and love and cherishing every day. We had TV nights around the hospital bed and family dinners in the cafeteria where we laughed and told stories. I nearly forgot I had a tumour in my brain. Even the morning of the surgery, I was excited and optimistic. As I laid down for the surgery, I remember singing Disney songs, talking non-stop and dreaming about Hawaii and palm trees.

After the tumour, which we had named Maury, was successfully removed I waved to my mom with the hand that could have been paralyzed during surgery. No mother should experience that worry. What followed was a year of radiation treatments, infection and chemotherapy pills. I lost my hair and a lot of energy, but I gained the appreciation for every little beautiful thing in life. Family. Friends. Sun. Amusement parks. The smell of fall.

By 2012, I was finished treatment and truly was a survivor. Since then I have



Kimberly Pearson and her mother.

CONTRIBUTED PHOTOS

held great pride in what this really means. So many people are fighting this disease, and my mom and I wanted to share the positive outlook people can have on it. She had already been volunteering for the Canadian Cancer Society for 50 years as a canvasser when I joined Relay for Life and was first asked to do a speech. The vibe at the relay was enthusiastic, fun and colourful, with so many people excited to spend that night with their friends for a great cause. They seemed to love the challenge of raising the most money to help loved ones and strangers alike. The survivors walking the Survivor Victory lap with me were so happy to be celebrating life.

When my long hair fell out, the Canadian Cancer Society donated a real human hair wig. They made me feel beauti-

ful again. It's easy to appreciate all they do to raise money and help people like me. I've been warned my cancer could come back, but I am positive the research being done and the money being raised by the Canadian Cancer Society could save my life one day.

My mom will continue canvassing and I will continue volunteering and spreading the word. Joining the Relay for Life and donating to participants will find us a cure to this disease. Until then, we can all celebrate every beautiful day, knowing we've made a difference.

For more information on registering a team at Relay For Life, signing up as a survivor, or buying a luminary in memory of a loved one, please visit relayforlife.ca/ottawa.

— Kimberly Pearson



Let's spend the night **TOGETHER!**

Visit relayforlife.ca/ottawa to register a team and fight back against cancer at a Relay near you!

Health Solutions

What's your culture?



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

What kind of yogurt should I eat? Is it really that good for you? What does it do? Is one really better than the other? What is the difference? What is kefir? You know you've stood in the dairy aisle, freezing, and asking yourself these questions!

Yogurt and kefir are both milk products that can be made from the dairy of any animal. The differences are:

- The animal that the milk came from
- The type of bacteria used to ferment the milk
- What/how much sugar and flavouring were added

In general, your bowel benefits from a variety of good cultures, which means that adding both is most beneficial. And yes, it is really that good for you to have a plethora of them in your gut!

It's these good bacteria in your system that help break down food, convert nutrients into a usable form and carry those nutrients to the rest of your body. Many prefer organic yogurt as it comes from cows fed organic grains and raised on pasture, which may contribute to a higher nutrient profile of the milk.

Ideally, you want a yogurt that is as low in sugar and high in protein as possible.

Greek yogurt has been strained of more liquid to increase the thickness, calcium and protein, but if it is loaded up with sugar, gelatin and flavour, well, it isn't any better for you.

You know what? Let's make this even simpler. Eat yogurt, OK?
THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



Cluckin' good chicken strips

Homemade Chicken Strips with Yogurt Dip. You'll never go back to the fast-food version after you make these simple dippers

THERESA ALBERT

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Most chicken strips on the market are made with more fat and salt than you would like. The crust usually consists of white flour and they're often deep-

FLASH FOOD



From your fridge to your table in 30 minutes or less

fried before they're frozen.

Sometimes they are whole pieces of chicken but often they are pressed, processed bits. You can do better and it won't take more than 10 minutes. If you make a double batch and freeze them, you are further ahead.

1. In bowl, toss together bread crumbs, cornmeal, paprika, celery salt, onion powder, garlic

Ingredients

- 1 cup whole grain bread crumbs (or 1/2 cup bread crumbs + 1/2 cup wheat germ)
- 1/4 cup cornmeal
- 1 tsp paprika
- 1/2 tsp celery salt
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1/2 tsp poultry seasoning
- 1/2 cup plain yogurt (not Greek)

- 1 tbsp liquid honey
- 2 tbsp water
- 4 boneless skinless chicken breast halves

Cucumber Dip

- 1 1/2 cups cucumber, grated
- 1 cup plain yogurt
- 1/2 tsp lemon, juice
- 1/2 tsp sea salt
- 1/2 tsp garlic, minced or dried



This recipe serves six. THERESA ALBERT

powder and poultry seasoning. In a separate plate mix together yogurt, honey and water.

2. Slice chicken breasts into thin strips.

3. Dip chicken into yogurt mix and dredge in bread crumb mixture. Lay in a single layer on cookie sheet and bake at 350 F 15-25 minutes (depending on thickness of strips). The cookie sheet can go directly into the freezer for storage. Once fro-

zen, remove strips to a freezer bag and bake directly from frozen: 325 F for 25 to 35 minutes.

4. Dip: While strips bake, grate cucumbers and remove all moisture (strain through cheese cloth). In small bowl, blend yogurt, lemon juice, salt and garlic. Stir in cucumbers.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



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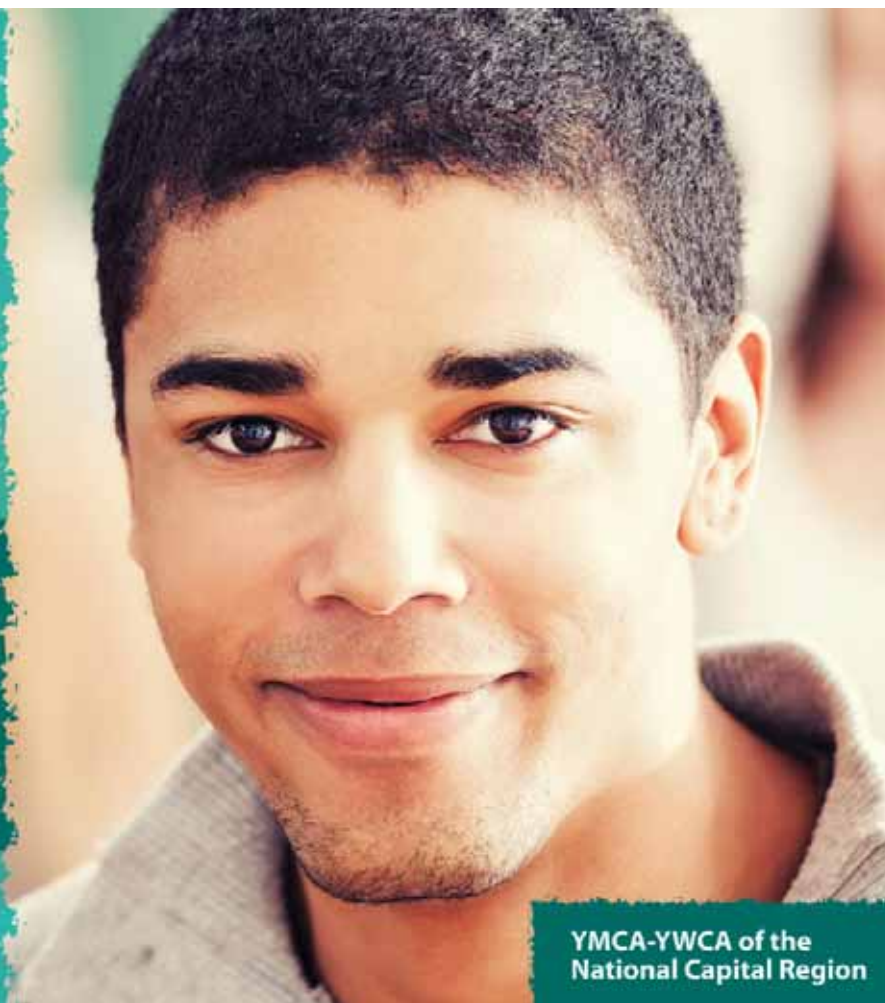
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St. Louis-Chicago

Backes a no-go after big hit

Blues centre David Backes missed Game 3 against the Chicago Blackhawks because of an upper-body injury.

St. Louis, however, had centre Patrik Berglund for Monday night's game against the Stanley Cup champions, who entered the match trailing the playoff series 2-0. Berglund missed three games, also with an upper-body injury.

Backes was wiped out by a big hit from Blackhawks defenceman Bren Seabrook in the third period of St. Louis' 4-3 overtime victory Saturday. The captain was helped off the ice and did not return.

Seabrook received a five-minute major and game misconduct penalty. He then was suspended for three games by the NHL.

THE ASSOCIATED PRESS

NHL Awards

Strombo tapped to host Vegas gala

Broadcaster George Stroumboulopoulos will host the NHL Awards on June 24 at the Encore at Wynn Las Vegas.

It will be the first time that the recently named host of the NHL on Rogers will host the annual event. A full lineup of presenters and entertainment will be announced in the coming weeks, the league said Monday in a release.

The league will begin announcing award finalists Tuesday with the Lady Byng Trophy nominees. Other award finalists will be announced on weekdays through May 6.

THE CANADIAN PRESS



The Canadiens celebrate scoring a goal against the Lightning in Game 3 of their playoff series on Sunday in Montreal. ANDRE RINGUETTE/GETTY IMAGES

Habs offence finds new life in playoffs

Tampa Bay-Montreal. Canadiens getting production from all 4 lines through 3 games

Quoted

"I guess the playoffs are just bringing out the best in all of us." Lars Eller on the Canadiens' balanced offensive attack

When Lars Eller and Rene Bourque are outscoring anyone on the top line, you know that something is going right for the Montreal Canadiens.

But it took until the playoffs for the Canadiens to find the balanced attack they have sought all season.

Getting offensive production from all four forward lines has helped them win the opening three games of their first-

round series against the Tampa Bay Lightning.

They can sweep the best-of-seven series with a win on Tuesday night at the Bell Centre.

"That's a big strength," Eller said Monday. "I can't stress how important it is to have everybody involved, everybody contributing."

Players who underachieved on attack all season, notably Eller and Bourque, have found new life in the post-season. It

has helped the normally low-scoring Canadiens average four goals per game against the Bolts, who are missing top goaltender Ben Bishop to an arm injury.

Bourque, a two-time 27-goal scorer who had a dreadful campaign of only nine goals, has three in as many games in the playoffs while playing left wing with centre Eller and right-winger Brian Gionta.

Eller, who had 12 goals in 77

games including a stretch of 24 games with only one assist, has two goals and shares the team scoring lead with four points with Brendan Gallagher and defenceman P.K. Subban.

The Eller line has produced five goals — one more than Gallagher's unit with Tomas Plekanec and Brandon Prust.

The top line of David Desharnais, Max Pacioretty and Thomas Vanek has scored only twice, but has combined for 29 shots in three games.

The fourth line of Daniel Briere with Michael Bournival and Dale Weise has only one goal, but it was a big one as Weise scored in overtime in Game 1. THE CANADIAN PRESS

Flyers again turn to Razor's edge for Game 3



Flyers backup goalie Ray Emery will again play in place of injured starter Steve Mason in Game 3 against the Rangers. BRUCE BENNETT/GETTY IMAGES

Calling himself a Band-Aid, Ray Emery has held the Philadelphia Flyers together nicely.

Emery will make his third straight start for an injured Steve Mason when the Flyers host the New York Rangers in Game 3 of their first-round playoff series Tuesday night. The Razor was excellent in Sunday's 4-2 win at Madison Square Garden, making 31 saves to help the Flyers even the best-of-seven series at 1-1.

"The more frequently you play, the more comfortable you are in net," Emery said

Playoff tested

Ray Emery has gone deep in the playoffs, leading Ottawa to the Stanley Cup final in 2007 and serving as a backup for cup champion Chicago last year. He also played for Anaheim in the 2011 post-season.

Monday. "I appreciate being in there in consecutive games. I'm kind of a Band-Aid there while Mase gets better."

Mason said he won't dress for the game and his status for the series remains iffy because of an upper-body injury. He is hopeful to return Friday night for Game 4.

Mason hasn't played since he was injured in a collision in the next-to-last game of the regular season on April 12.

"Right now, the way Razor's playing, there's no hurry," Mason said. "He's the reason we won yesterday, so I think even if I was ready there's no reason to take him out right now." THE ASSOCIATED PRESS



Jonas Valanciunas gets the basket but not the foul as Kevin Garnett hacks him in the Raptors' loss versus the Nets in their first-round playoff series in Toronto, Saturday. STEVE RUSSELL/TORSTAR NEWS SERVICE

Jonas the giant not afraid to battle with NBA royalty

Raptors vs. Nets.

Young centre collected 17 points, 18 rebounds in faceoff with Garnett

Jonas Valanciunas was five years old when Kevin Garnett earned his first of 15 NBA all-star selections. He was 11 when Garnett was named the league MVP.

Valanciunas — now 21 — went toe to toe with the 37-year-old Garnett in Toronto's loss to the Brooklyn Nets in Game 1 of their playoff series last Saturday. And if there was any sense of awe in the name on the back of the Brooklyn jersey he was guarding, the young Valanciunas didn't show it, laying down a monster game in his post-season debut.

"He was not intimidated, he wasn't fazed by the physicality or guarding a legend like KG. You're talking about a guy who is going to be in the Hall of Fame," said Raptors coach Dwane Casey.

"I told our guys, 'You've got to respect them because those guys have accomplished a lot in this league. But you can't fear them.' KG would think less of him, knowing him, if it was anything less. Respect him, but you can't fear him. (Valanciunas) did that."

The Raptors host Game 2 of the series on Tuesday, then it shifts to Brooklyn for Game 3 on Friday and Game 4 on Sunday.

Valanciunas had 17 points and 18 rebounds in the opener of the seven-game series, while holding Garnett to five points. While many of the Raptors ap-

peared overwhelmed by the enormity of their first playoff appearance in six seasons — for some players, it was their first playoff appearance, period — Valanciunas looked fired up from the opening tipoff.

When asked Monday about guarding Garnett, Valanciunas merely shrugged.

"He's the same Garnett in regular season, so I'm playing him the same way. Just maybe adding 10 per cent more effort," Valanciunas said, laughing.

On Garnett's infamous trash talking: "I don't understand English. So I'm OK." More laughter.

On whether Garnett was a player he looked up to growing up in Utena, Lithuania: "His last name is really famous, so I heard about him when I was a kid." Respect, but no fear.

THE CANADIAN PRESS

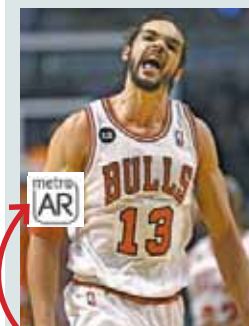
NBA

Raging Bull Noah named top D-man

Chicago Bulls centre Joakim Noah was named the NBA Defensive Player of the Year on Monday in front of friends and family.

"This is very humbling to be in this situation right now," Noah said at a news conference where his family was in the front row.

Noah joins Michael Jordan in 1988 as the only Bulls players to win the award. THE ASSOCIATED PRESS



Scan this image with your Metro News app to view images of the most colourful moments of Joakim Noah's career.

THE CANADIAN PRESS



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Boston bands together

Marc Fucarile, injured in last year's Boston Marathon bombings, prepares to throw out the first pitch prior to the Boston Red Sox/Baltimore Orioles game at Fenway Park on Monday in Boston.

DARREN MCCOLLESTER/GETTY IMAGES

NBA

Jackson dumps Knicks coaches

Mike Woodson was fired as coach the New York Knicks on Monday after his team fell from division champions to out of the playoffs in one season. Phil Jackson fired the entire coaching staff, making his first big move since becoming team president. THE ASSOCIATED PRESS

Premier League

Man. U manager a marked man

According to widespread reports released at the same time on Monday on websites of numerous British newspapers, manager David Moyes is set to be fired by Manchester United and could be forced out before the end of the season. THE ASSOCIATED PRESS

Premier League

Man. City bests West Brom 3-1

Manchester City kept alive its title hopes in the English Premier League by beating West Bromwich Albion 3-1 Monday. Goals by Pablo Zabaleta in the third minute and Sergio Agüero in the 10th built a 2-0 lead.

THE ASSOCIATED PRESS

Horoscopes

Aries

March 21 - April 20

You will be somewhat impatient today, especially on the work front where you can't understand why some people are unable to keep up with you. Calm down and make allowances.

Taurus

April 21 - May 21

It would be nice if everyone shared your way of looking at the world but it won't happen, so don't try to persuade those who see things from a different angle.

Gemini

May 22 - June 21

Misunderstandings are likely over the next 24 hours, so make sure you spell out what you are trying to accomplish and make sure everyone is on the same wavelength, because if they are not the results could be chaotic and costly.

Cancer

June 22 - July 23

Today's powerful Mars-Jupiter link warns you must not say or do anything that might bring a profitable relationship to an end. Important people must be handled with care over the next 24 hours.

Leo

July 24 - Aug. 23

You can be a bit impetuous at times and the planets warn you must make sure you know what is going on before jumping head first into situation you know little about. Let others make the first moves.

Virgo

Aug. 24 - Sept. 23

It's not often a Virgo is easily parted from their cash but the current cosmic set-up warns that's a real possibility today. Don't let it happen.

Libra

Sept. 24 - Oct. 23

It's one thing to make bold decisions but it's another to make sure they are the right decisions. If you call it wrong the repercussions could be massive, so think deeply and act cautiously.

Scorpio

Oct. 24 - Nov. 22

Everyone takes a wrong turn now and again, so don't be surprised if the planets start nudging you in a new direction. There is an ideal path for you and you will be reminded where it is today.

Sagittarius

Nov. 23 - Dec. 21

There may be an element of risk in what you are planning but if you don't go ahead with it you will hate yourself for being so timid. Prepare and then jump right in!

Capricorn

Dec. 22 - Jan. 20

You may be entitled to get angry with someone who has let you down but is it worth the effort? Forgive and forget, not least because they will then be in your debt, and that could be useful.

Aquarius

Jan. 21 - Feb. 19

The planets indicate that your best course of action today is to take no action at all. With Mars and Jupiter battling it out, keep your head down and let others take the risks.

Pisces

Feb. 20 - March 20

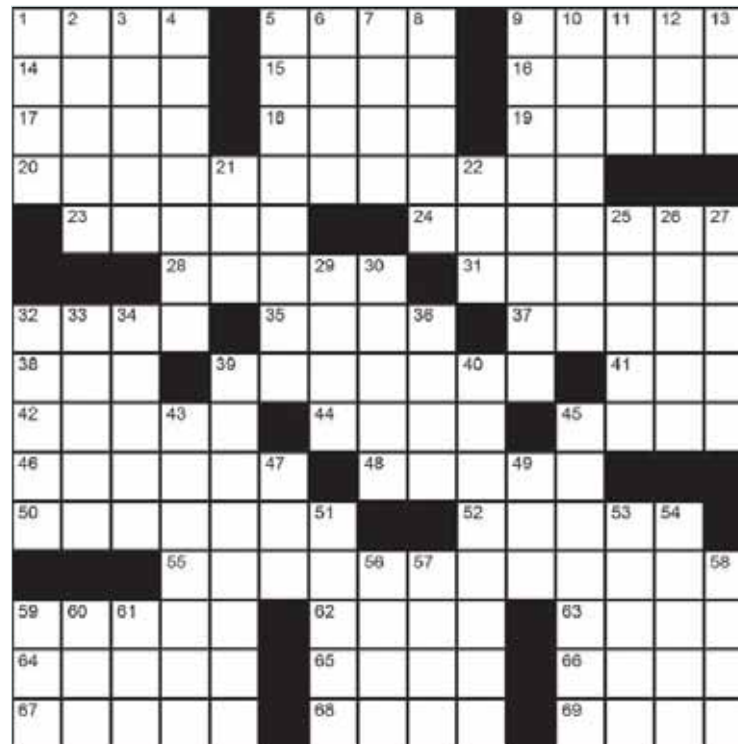
Other people do not have the right to dictate what you should do and how you should do it. If you are part of a team there must be equality — make sure they know that.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

- Rowed ride
- "Yes, ___!"
- Yellow: French
- Ms. Kendrick
- Moreover
- AVOIR: I' ___
- Jackie Wilson's "___ Petite"
- Military maneuver
- Mustard brand
- Sci-fi attraction in Moonbeam, ON: 2 wds.
- Ben Stiller's actress mom Anne
- Sweetened
- Grammy Awards org.
- Book-marked page
- Costa ___
- Village dubbed 'A Little Bit of Holland in Saskatchewan'
- '___ my Eggo!' (Kellogg's waffles slogan)
- Green
- Halifax Harbour part, ___ Basin
- Swiss peak
- "Ally McBeal" singer Ms. Shepard
- ___ record (Feat in sports)
- Chemical suffixes
- Car part
- Fasten a brooch again
- What's-his-name
- John Candy comedy, "___ Buck" (1989)
- "Moments" Canadian country band: 2 wds.
- Saskatchewan village since 1911
- Born-in-Calgary American politician Ted
- Above
- Reality star Spencer



- The Jetty ___
- Havre (Claude Monet painting)
- Are, no more
- New employee
- Author Mr. Bellow, born in Lachine, QC
- Canada ___ (Some ginger ales)

Down

- Chuck it up
- "A Nightmare ___ Street" (1984)
- Keep ___ on (Watch out for)
- Regina-born star Ms. Maslany of "Orphan Black"

- Cape Breton Island vacation destination, ___ River Valley
- Worrisome word
- ___ Minor
- 'M' of M.O.
- "Canadian Idol" judge: 2 wds.
- Median

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

- Dubai's locale [acronym]
- Author, Anais ___
- 'Host' suffix
- US gun gr.
- Cow's chew-ee
- "The Exorcist" (1973) daughter
- Don Henley or Glenn Frey
- Loses hold
- Elaborates
- "60 Minutes" Toronto-born journalist, Morley ___
- Dreams: French
- Prefix to 'clast' (Image breaker)
- Miami Sound Machine hit
- Speck
- Randy Bachman, to Burton Cummings
- Long-locked lass of lore
- Kitchen set
45. Hip-and-happening humans: 2 wds.
- 'Computer' suffix (Techie jargon)
- Non-affiliated politician [abbr.]
- Marine menaces, seals would say
- "What am I, chopped ___?"
- All
- Miss: Spanish [abbr.]
- City of Finland
- '70s hit: "___ Tu"
- U.S. driver's speed
- Verdi aria: "___ Tu"
- Paddle

Yesterday's Crossword

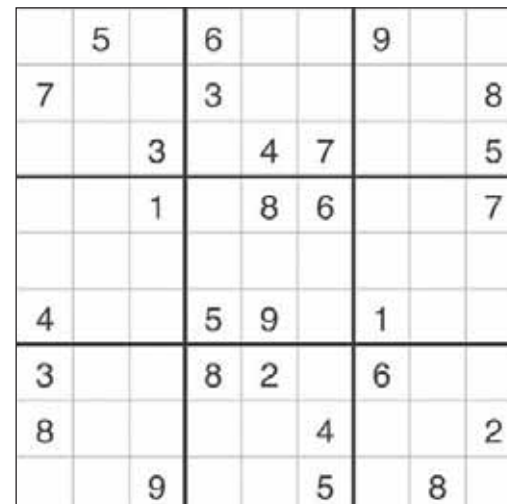


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today

15°/1°

Rain

80%

Wednesday

9°/-1°

Variable

Know what the weather will be 14 days from now.

Check the 14 day trend.

©The Weather Network 2014

metro

24 SEP

11:21 AM

Ottawa

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DEALER INVOICE PRICING

+ **0%**[†]
FINANCING

YOU PAY WHAT THE DEALER PAYS*

*On select models. *Dealer is reimbursed for holdback included in invoice price.



GLS model shown*
Selling Price: \$19,276

2014
ACCENT 4-DOOR L

DEALER INVOICE
PRICE:

\$14,256⁺

OR

OWN IT FOR
\$69
BI-WEEKLY
PAYMENT

WITH
0%[†]
FINANCING FOR
96 MONTHS

AND
\$0
DOWN

ACCENT L 4-DOOR MANUAL. DEALER INVOICE PRICE INCLUDES \$779
IN PRICE ADJUSTMENTS*, DELIVERY, DESTINATION, AND FEES. PLUS HST.

HWY: 5.3L/100 KM
CITY: 7.5L/100 KM*



Limited model shown*
Selling Price: \$23,890

2014
ELANTRA L

DEALER INVOICE
PRICE:

\$16,388⁺

OR

OWN IT FOR
\$79
BI-WEEKLY
PAYMENT

WITH
0%[†]
FINANCING FOR
96 MONTHS

AND
\$0
DOWN

ELANTRA L MANUAL. DEALER INVOICE PRICE INCLUDES \$1,197 IN PRICE
ADJUSTMENTS*, DELIVERY, DESTINATION, AND FEES. PLUS HST.

HWY: 5.3L/100 KM
CITY: 7.6L/100 KM*



Limited model shown*
Selling Price: \$38,361

2014
SANTA FE SPORT

DEALER INVOICE
PRICE:

\$27,189⁺

OR

OWN IT FOR
\$136
BI-WEEKLY
PAYMENT

WITH
0.9%[†]
FINANCING FOR
96 MONTHS

AND
\$0
DOWN

SANTA FE SPORT 2.4L FWD. DEALER INVOICE PRICE INCLUDES \$1,306
IN PRICE ADJUSTMENTS*, DELIVERY, DESTINATION, AND FEES. PLUS HST.

HWY: 7.3L/100 KM
CITY: 10.2L/100 KM*



GLS model shown*
Selling Price: \$27,136

2014
TUCSON GL

DEALER INVOICE
PRICE:

\$22,933⁺

OR

OWN IT FOR
\$119
BI-WEEKLY
PAYMENT

WITH
1.9%[†]
FINANCING FOR
96 MONTHS

AND
\$0
DOWN

TUCSON 2.0 GL FWD MANUAL. DEALER INVOICE PRICE INCLUDES \$462
IN PRICE ADJUSTMENTS*, DELIVERY, DESTINATION, AND FEES. PLUS HST.

HWY: 7.2L/100 KM
CITY: 10.0L/100 KM*

YOU PAY THE INVOICE PRICE PLUS GET 0%[†] FINANCING FOR 96 MONTHS

**5 YEAR
WARRANTY**

5-year/100,000 km Comprehensive Limited Warranty**
5-year/100,000 km Powertrain Warranty
5-year/100,000 km Emission Warranty



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NEW THINKING.
NEW POSSIBILITIES.™

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Visit your local Ottawa area Hyundai Dealer

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Pembroke, 613-735-5636

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Kanata, On 613-592-8883

Myers Hyundai
164 Robertson Rd.
Ottawa, 613-721-4567

Hyundai on Hunt Club
390 Hunt Club Road West
Ottawa, 613-688-3600

Bank Street Hyundai
2788 Bank St.
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